

## WORLD SUICIDE PREVENTION DAY – 11th SEPTEMBER 2025

The Department of Clinical Psychology, School of Rehabilitation and Behavioral Sciences (SRBS), AVMC&H, Puducherry, in collaboration with Kasturba College for Women, Villianur, observed World Suicide Prevention Day on 11th September 2025. The event aimed to create awareness about suicide prevention, promote mental health and well-being, reduce stigma, and encourage open dialogue on mental health within the community.



The program was inaugurated by Dr. Saravanan C., Head, Department of Clinical Psychology, SRBS along with Program Coordinators Ms. Divya Barathi TM, Assistant Professor, Dept of Clinical Psychology, SRBS, Dr. Bhuvaneshwari, Head, Department of Psychology, Kasturba College for Women and other faculty members. The students of both the institution took the lead in organizing and executing the event under faculty guidance. The program witnessed the active participation of nearly 200 students and faculty members. The event was structured into three major sessions — Awareness Rally, Poster Gallery Showcase,

and Brainstorming Session — each designed to engage different aspects of awareness and prevention.

## Event Highlights:

### Awareness Rally



Awareness Rally, where students and faculty carried placards and raised slogans highlighting the importance of suicide prevention and mental health awareness. The rally, conducted across Villianur, drew the attention of the public and emphasized the need to recognize suicide as a serious yet preventable issue. It successfully spread positive messages of hope, resilience, and collective responsibility in supporting individuals at risk.

### Flyers giving

As part of the event, Students issued flyers to the public, which contained information on warning signs, coping strategies, and available support resources. The flyers served as a reminder that every life is valuable and that timely intervention can save lives. Through this initiative, students aimed to break the stigma surrounding mental health and encourage open conversations within the community. Their efforts reflected a strong commitment to creating a supportive and compassionate environment for all.



## Poster gallery showcasing

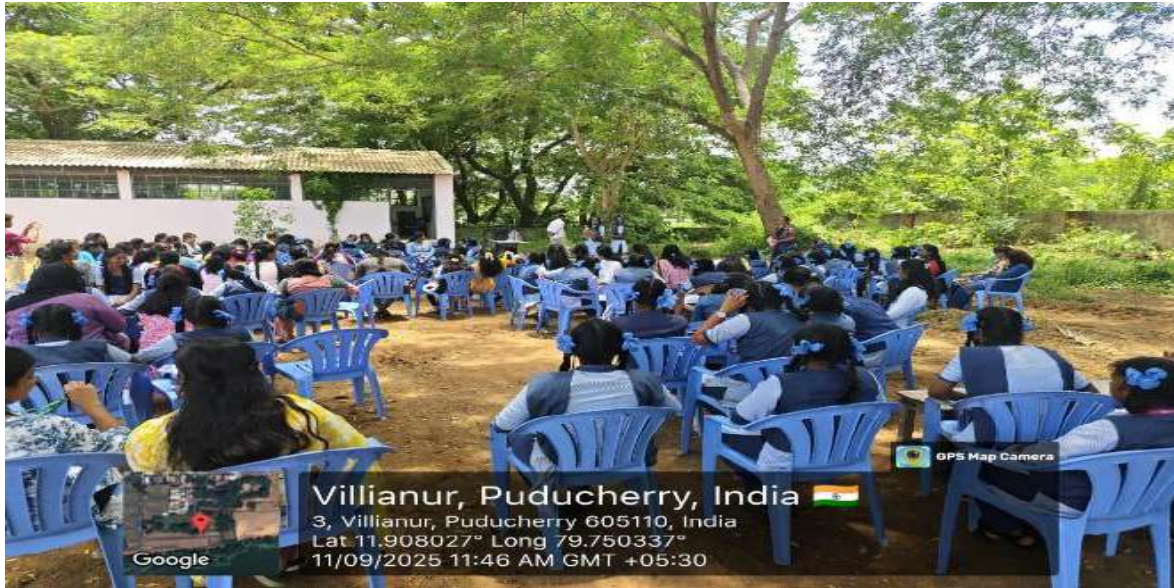


Poster gallery showcasing was organized, where students showcased their creative expressions through posters on the themes of suicide prevention, stigma reduction, and mental well-being. The exhibition served as a platform for students to depict sensitive issues through art and impactful slogans. Faculty members and participants engaged in meaningful discussions on the messages displayed, and the exhibition created a reflective environment that inspired viewers to understand the importance of seeking help and promoting mental health awareness.

## Brainstorming Session



Brainstorming Session, which involved nine groups comprising the students from government school, SRBS (AVMC&H) and Kasturba College for Women. Each group was provided with real-life case scenarios related to suicidal tendencies and crisis situations. They were asked to analyse the cases, identify warning signs, and suggest preventive measures.



The session encouraged collaborative problem-solving, critical thinking, and peer learning. Participants shared their perspectives and proposed strategies for suicide prevention, which fostered an exchange of ideas between school students and psychology students.

### **Outcome and Impact**

The World Suicide Prevention Day 2025 program was highly successful in achieving its objectives. The three-pronged approach; community awareness (rally and flyers), creative advocacy (poster exhibition), and practical engagement (brainstorming session) ensured holistic participation and learning. The event reinforced the global theme, “Creating Hope Through Action,” leaving a lasting impression on participants and the community. It strengthened the role of youth as active contributors in promoting mental health and preventing suicide.